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**Please amend the Specification as follows:**

Please change the title from "SOCK" to --SOCK WITH PADDING--.

Please change paragraph [0023] to read as follows:

---[0023] The shoe, labeled as 3 in general in the exemplary embodiment, has pads 4 in some areas. It has a sole 31. A closed upper part 32 is provided on the sole 31. When the sock is worn (Figure 4) the wearer's foot is supported on the sole 31 while the rest of the foot up to the ankle is surrounded by the upper part 32. The upper part 32 may be made of different materials. In the past, mainly leather has been used as the material for the shoe upper part 32, but today mainly artificial fibers and synthetics are used.---

Please amend paragraph [0026] to read as follows:

---[0026] The arrangement of the pads 2 on the sock 1 is coordinated with the arrangement of the pads 4 on the shoe 3. As an example, this is explained below on the basis of the absorption pads 21, 22 with the web 23 in between them on the one hand and the cotton padding 41 in the tongue 33 of the shoe 3 (Figure 5). The cotton padding 41 on the tongue 33 extends over the entire width of the tongue. It thus also extends beneath the area 37 and consequently also cushions the eyelets 34. The cross-sectional view according to Figure 5 shows that the cotton padding 41 increases the thickness of the tongue 33. To create optimum cushioning, absorption pads 21, 22 are arranged precisely adjacent to the padded tongue 33. The tongue 33 with the cotton padding 41 is situated exactly on the web 23. The pads 21, 22 and the cotton padding 41 consequently form a continuous uniformly padded surface. This therefore avoids double padding. There is therefore a uniform pressure distribution even under extreme loads or when the shoes are tied very tightly, which counteracts the occurrence of pressure points and thus the risk of premature fatigue.---

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Please cancel the Abstract of the Disclosure and rewrite it as follows:

-----Abstract of the Disclosure

A sock for use in athletic activities and to be worn in a shoe is provided with padding. The arrangement of pads in the sock is coordinated with the arrangement of pads in the shoe in such a way that the pads are formed by absorption pads and or spacer pads having a web there between. The pads on the shoe are situated on the web when the sock is in the shoe. ----